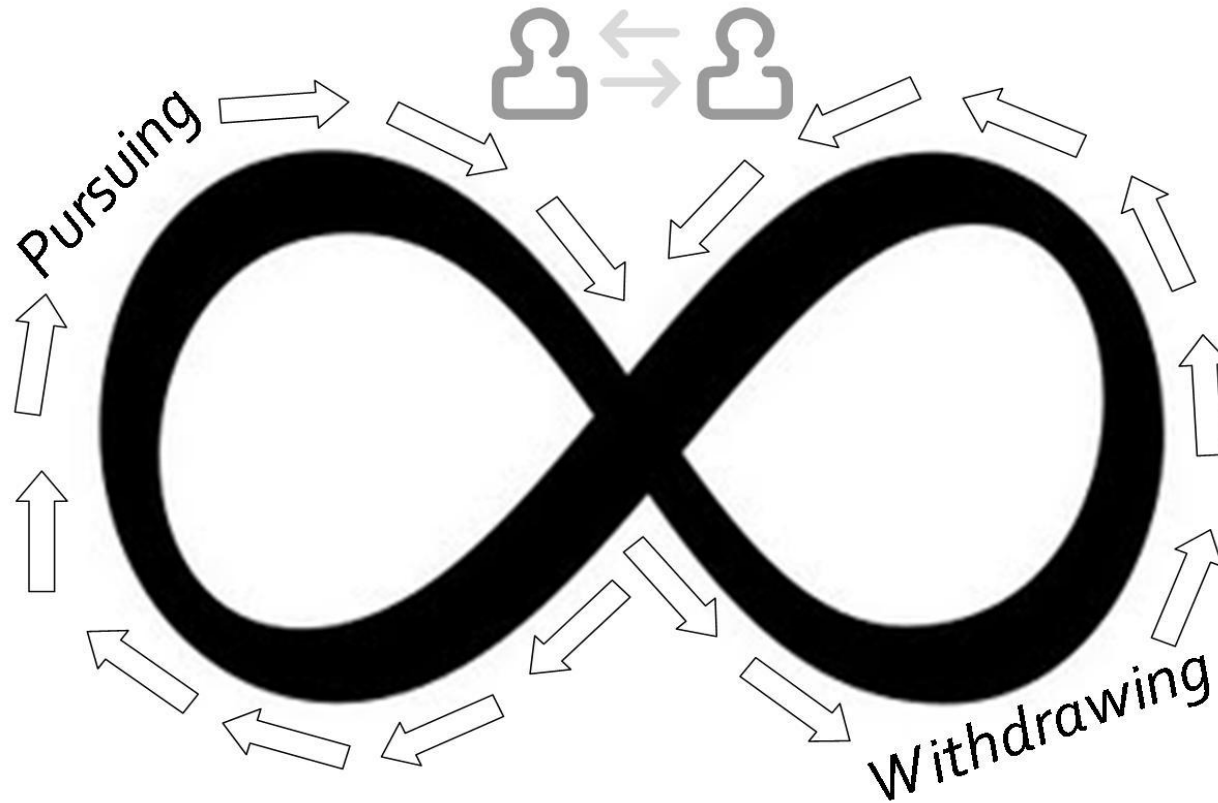


“Why won’t you just change?”

Vicious-cycle communication patterns create the **illusion** that the “other person” is causing us to behave the way we are behaving. As long as we see the “other” as our cause, we continue to be “at the effect” of them. And, as we claim to dislike the behavior of the other, we continue to hand them their perceived “reason” for continuing it while letting ourselves off the hook from having to change our own behavior. This pattern has no possible result other than “more of the same.”



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